

**WHAT IS CLAIMED IS:**

1. A culinary base comprising at least 75% of proteins by dry weight relative to the final dry weight  
5 of said base, lipids and carbohydrates.

2. The culinary base as claimed in claim 1, characterized in that the proteins are chosen from heat-resistant proteins.

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3. The culinary base as claimed in claim 2, characterized in that the heat-resistant proteins are chosen from casein, albumin and globulin from milk.

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4. The culinary base as claimed in any one of claims 1 to 3, characterized in that it is provided in the form of a powder, of tablets or of a cream.

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5. The culinary base as claimed in claim 1, characterized in that the carbohydrates are chosen from rapidly absorbed assimilable carbohydrates, slowly absorbed assimilable carbohydrates, and fibers.

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6. The culinary base as claimed in claim 1, characterized in that it also comprises vitamins, trace elements and mineral salts.

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7. The culinary base as claimed in claim 6, characterized in that the vitamins are chosen from vitamins A, B1, B2, B5, B6, B9, B12, C, D, E, H and PP.

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8. The culinary base as claimed in claim 6, characterized in that the trace elements are chosen from iodine, fluorine, iron, zinc, bromine, aluminum, silicon, copper, manganese, selenium, chromium, molybdenum, phosphorus, manganese and cobalt.

9. The culinary base as claimed in claim 6, characterized in that the mineral salts are chosen from

calcium salts, sodium salts, potassium salts and magnesium salts, and in particular the chlorides and the carbonates.

5 10. The culinary base as claimed in claims 3, 4 and  
any one of claims 5 to 9, characterized in that it  
comprises at least 75% of milk proteins by dry weight  
relative to the final dry weight of said base, in that  
it is provided in the form of a cream and in that the  
10 carbohydrates comprise lactose only in at most trace  
amounts and/or the lipids comprise cholesterol only in  
at most trace amounts.

11. The culinary base as claimed in claim 10,  
15 characterized in that it also comprises at least one  
emulsifier and/or at least one stabilizer and/or at  
least one thickener.

12. The culinary base as claimed in claim 11,  
20 characterized in that it comprises in g (unless  
otherwise indicated) per 100 g of cream:

Milk proteins	13
Assimilable carbohydrates	less than 1.2
Lipids	less than 0.2
Mineral salts	10% of the RDIs (Recommended Daily Intakes)
Vitamins	10% of the RDIs
Xanthan	0.2
Water	83

13. The culinary base as claimed in claim 11 or 12,  
25 characterized in that it also comprises polyphosphates  
and/or alginates.

14. A method for the preparation of a ready-cooked  
dish or of a flavored drink, characterized by the  
30 following steps:  
at least one raw, pre-cooked, cooked or further-

processed food is provided,  
said foods are mixed with a culinary base as claimed in  
any one of claims 1 to 13.

5 15. The method as claimed in claim 14, characterized  
in that the culinary base is in the form of cream.

16. The method as claimed in claim 14, characterized  
in that the culinary base is in the form of a powder  
10 and in that, before it is mixed with said food(s), it  
is dissolved in water.

17. The method as claimed in claim 14, characterized  
in that, before mixing said food(s) with the culinary  
15 base, said culinary base is heated.

18. The method as claimed in claim 14, characterized  
in that, after having mixed said food(s) with the  
culinary base, the whole mix obtained is heated.

20 19. The method as claimed in any one of claims 14 to  
18 for preparing a ready-cooked dish, characterized in  
that said food(s) is (are) chosen from vegetables,  
meats, fish, fruit, and mixtures thereof.

25 20. The method as claimed in any one of claims 14 to  
18 for preparing a flavored drink, characterized in  
that said food(s) is (are) chosen from powdered  
chocolate, from coffee and from fruit juices.

30 21. A ready-cooked dish or a flavored drink which can  
be obtained by means of a method as claimed in any one  
of claims 14 to 20.